

JUST RUN!

TRAINING PROGRAM

JUST RUN IS A TRAINING PROGRAM TO TRANSITION KIDS FROM WALKING TO RUNNING THAT WILL ALSO INCLUDE SPEED SESSIONS, DISTANCE RUNNING, RECOVERY RUNS, MUSCLE CONDITIONING AND COOL DOWN STRETCHES. JUST RUN TEACHES KIDS TO BE PHYSICALLY ACTIVE WHILE HAVING FUN!

MONDAYS & WEDNESDAYS

MARCH 7 - APRIL 27

*NO CLASS 3/21 & 3/23

AGE: 6-11 YRS

TIME: 4:00 - 4:30PM

AGES 12-17 YRS

TIME: 5:00 - 5:45PM

FEE: AGES 6 - 11

RESIDENT \$140.00

NON-RESIDENT \$168.00

FEE: AGES 12 - 17

RESIDENT \$168.00

NON-RESIDENT \$238.00

7 WEEKS = 14 CLASSES

REGISTRATION BEGINS

RESIDENTS - JANUARY 31

NON-RESIDENTS - FEBRUARY 16

REGISTRATION HELD AT THE SURFSIDE COMMUNITY CENTER

**CLASS HELD OUTDOORS ON THE WALKING
PATH AND GREEN SPACE AT THE
SURFSIDE COMMUNITY CENTER
9301 COLLINS AVENUE**

*PROOF OF RESIDENCY IS REQUIRED AT THE TIME OF REGISTRATION.

*CHANGES/CANCELLATIONS ARE SUBJECT TO ADMINISTRATIVE FEES

**PARTICIPANTS MUST WEAR RUNNING ATTIRE
AND BRING A BOTTLE OF WATER!**

*PARTICIPANTS WILL RECEIVE A SHIRT FOR PROGRAM



FOR MORE INFORMATION CONTACT THE
SURFSIDE COMMUNITY CENTER (305) 866-3635
VISIT WWW.TOWNOFSURFSIDEFL.GOV

IT STARTS IN
PARKS
HEALTH • COMMUNITY • ECONOMIC DEVELOPMENT